



## **CNIC AFLOAT RECREATION AND FITNESS PROGRAM**

### **RECREATION SKILLS / KNOWLEDGE CLASSES**

- **Activities should be offered to address proficiency levels for a variety of programs. The average programming timeframe for one class is two hours. These could include a scheduled training, instruction, seminar and/or specialized guidance led by the Fun Boss/staff member, a volunteer or contracted professional.**

**Recreation Examples: Art Classes, golf instruction, ski lesson, cooking class, paddle boarding clinics.**



## RECREATION SKILLS & KNOWLEDGE CANVAS PAINT NIGHT

Arts and crafts are a great opportunity to expose Sailors to something they may not have had the chance to experience – or even know that they would enjoy! There is a lot of talent on a ship and several who relish the opportunity to be creative and express themselves through art.

- Coordinate with Department if using their space
- Budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies

## AFTER ACTION REPORTS

<b>First and Last name:</b>	<b>Ship's Name:</b> USS GEORGE H W BUSH
<b>Position Title:</b> FUN BOSS	<b>Date:</b> 06/10/2017
<b>Event happened:</b> <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
<b>Pictures must be included when submitting in an After Action Report to your Supervisor.</b>	
<b>Please Complete below list of Questions regarding the Event:</b>	
<b>1. Title of Event:</b> Canvas Paint Night	
<b>2. Location of Event: (Hanger Bay, Picnic Area)</b> Forward Mess Decks	
<b>3. Date of Event:</b> 06/03/2017	
<b>4. Time of Event:</b> 2000 - 2200	
<b>5. Number of Participants:</b> 50	
<b>6. Equipment Needed:</b> 25 Blank Canvas, 25 Canvas with preprinted lines, 100 paint brushes, 100 mini bottles of acrylic paint, paper plates, paper cups, table cloths	
<b>7. Staffing Requirements:</b> FUN BOSS & 1 MWR TAD Sailors	
<b>8. Points of Contact:</b> N/A	
<b>9. Marketing Process:</b> All Hands e-mail & MWR monthly calendar	
<b>10. Explain Event Execution:</b> 1930: Begin setting up. Set up included laying down table cloths, setting out paint and cups of water 2000: Participants choose if they wanted a blank canvas or canvas with per-printed lines on them. 2005: Painting tips were gone over by Fun Boss & MWR Staff 2010 - 2200: Sailors painted their pictures	
<b>11. Winners of Event:</b> N/A	
<b>12. Prizes or Awards:</b> N/A	
<b>13. Lessons Learned:</b> N/A	
<b>14. Any Additional Information? :</b> See photos	



# RECREATION SKILLS AND KNOWLEDGE CLASSES

## CANVAS PAINT NIGHTS





## RECREATION SKILLS & KNOWLEDGE CLASSES

### iFLY SAN DIEGO

Some programs may fall into two categories. While iFLY is a great trip – it’s also a great way for Sailors to learn some of the techniques needed to skydive and may give them a better idea if they would like to do the real thing!

- Contact the company for group / military rate**
- Event POC (company)**
  - Name**
  - Phone**
  - Email**
- Budgeted?**
  - Create**
  - Approve**
  - Confirm payment plans**
- Event Location**
  - Date / Time confirmed**
  - Traffic concerns getting to event by scheduled time?**
- Marketing**
- Transportation needed / provided?**
- Ticket sales**
- Staff**



## AFTER ACTION REPORTS

<b>First and Last name:</b>	<b>Ship's Name:</b> USS Carl Vinson CVN 70
<b>Position Title:</b> Fun Boss	<b>Date:</b> 09/01/2016
<b>Event happened:</b> <input type="checkbox"/> Underway <input checked="" type="checkbox"/> Homeport	
<b>Pictures must be included when submitting in an After Action Report to your Supervisor.</b>	
<b>Please Complete below list of Questions regarding the Event:</b>	
<b>1. Title of Event:</b> Indoor Sky Diving Homeport Tour	
<b>2. Location of Event: (Hanger Bay, Picnic Area)</b> iFly San Diego	
<b>3. Date of Event:</b> 08/20/2016	
<b>4. Time of Event:</b> 1400	
<b>5. Number of Participants:</b> 20	
<b>6. Equipment Needed:</b> MWR Vans for crew transportation and sign-up sheets	
<b>7. Staffing Requirements:</b> Personnel to drive the van and meet sailors at the event.	
<b>8. Points of Contact:</b> Group sales coordinator for iFly	
<b>9. Marketing Process:</b> Fliers around the ship, ship wide emails, advertise with the organizations on-board.	
<b>10. Explain Event Execution:</b> Work with ifly to get the best group rate pricing. Advertise on board to the organizations with junior sailors. Conduct sales and trip sign ups through the ticket office. Go to ifly and make payments and submit trip lists. Meet sailors at location to ensure no sign up problems.	
<b>11. Winners of Event:</b> N/A	
<b>12. Prizes or Awards:</b> N/A	
<b>13. Lessons Learned:</b> None	
<b>14. Any Additional Information? :</b> None	





RECREATION SKILLS AND KNOWLEDGE CLASSES  
iFLY SAN DIEGO



**20 Sailors of the USS CARL VINSON visited iFLY San Diego to try their hand at indoor skydiving as a part of a MWR Homeport Tour.**



## RECREATION SKILLS & KNOWLEDGE CLASSES

### SURF LESSONS

When trying to teach Sailors a new skill, don't be afraid to rely on the experts if it's something you're not familiar with - especially if it's physically demanding. This example for surf lessons is a great way to expose Sailors to a new leisure skill.

Other water related lesson ideas:

- SCUBA certification
- Check with the local MWR Marina if there is one – they may be able to teach a special class for your Sailors.
  - Sailing
  - Kayaking
  - Paddle boarding





## AFTER ACTION REPORTS

<b>First and Last name:</b>	<b>Ship's Name:</b> USS BOXER
<b>Position Title:</b> Afloat Recreation Specialist - "Fun Boss"	<b>Date:</b> 4 APRIL 2015
<b>Event happened:</b> <input type="checkbox"/> Underway <input checked="" type="checkbox"/> Homeport	
<b>Pictures must be included when submitting in an After Action Report to your Supervisor.</b>	
<b>Please Complete below list of Questions regarding the Event:</b>	
<b>1. Title of Event:</b> Surf Lessons in Pacific Beach	
<b>2. Location of Event: (Hanger Bay, Picnic Area)</b> San Diego Surf School, on the Beach at Law Street, Pacific Beach	
<b>3. Date of Event:</b> 18 April 2015	
<b>4. Time of Event:</b> 0800-1300	
<b>5. Number of Participants:</b> 10 participants on the tour	
<b>6. Equipment Needed:</b> Ship's van to transport sailor from ship to the beach.	
<b>7. Staffing Requirements:</b> Fun Boss served as driver/guide for this trip. However one well trained MWR representative will work just fine.	
<b>8. Points of Contact:</b> Fun Boss x6371	
<b>9. Marketing Process:</b> Posted the MWR calendar to Boxer homepage MWR link. Also advertised with power point displays on a TV while doing ticket and tour sales on the mess decks.	
<b>10. Explain Event Execution:</b> I booked 10 spots with the San Diego Surf School. I sold the spots on this tour with transportation and lunch included after the tour. Our lunch included a really great pizza shop in Pacific Beach, near the surf spot. Some of the sailors needed transportation and some of them did not.	
<b>11. Winners of Event:</b>	
<b>12. Prizes or Awards:</b>	
<b>13. Lessons Learned:</b> I needed to have the height and weight of each participant at the time of sign up, and whether or not they need a ride to the event or not. I didn't do this at the time of sign up, and had to track them down individually later.	
<b>14. Any Additional Information? :</b>	



## RECREATION SKILLS & KNOWLEDGE CLASSES

### CREATIVE WRITING WORKSHOP

This example appeals to Sailors' creative natures and works great for extended underways. Creative writing prompts are available from several online sources.

- Coordinate with Department if using their space
- Budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies



## AFTER ACTION REPORTS

<b>First and Last name:</b>	<b>Ship's Name:</b> USS ESSEX
<b>Position Title:</b> FUNBOSS	<b>Date:</b> 11/30/2017
<b>Event happened:</b> <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
<b>Pictures must be included when submitting in an After Action Report to your Supervisor.</b>	
<b>Please Complete below list of Questions regarding the Event:</b>	
<b>1. Title of Event:</b> Creative Writing Workshop	
<b>2. Location of Event: (Hanger Bay, Picnic Area)</b> Chapel Lounge	
<b>3. Date of Event:</b> 11/29/2017	
<b>4. Time of Event:</b> 1930-2130	
<b>5. Number of Participants:</b> 5	
<b>6. Equipment Needed:</b> Paper, pens, timer (clock), writing prompts	
<b>7. Staffing Requirements:</b> Self	
<b>8. Points of Contact:</b> FUNBOSS	
<b>9. Marketing Process:</b> All hands emails, Funderway, Monthly Calendar, Flyers, Announcements During Chow, Word of Mouth	
<b>10. Explain Event Execution:</b>	
<p>This was an intro to what will become a weekly meeting for creative writers aboard the ship. The group is given an initial prompt to begin a creative writing story (type of their choosing ie fiction, non-fiction, prose, poetry) they have 10 minutes to write freely but must include the info from the prompt. When time is up, they share. At the end of the share time, a new twist/prompt is given they must then add onto their story, Another 10 minutes is given to them to continue with their writing. At the end, they are asked to briefly remind the group about their characters and then read their piece. From there, one more prompt is given, this time, three items had to be included (a campfire, a missing tooth and a disturbing thing under the bed) and the writers given 20 minutes to finish as much of their writing as they could. Then asked to share in the end. Different variations of "speed writing" can be found on-line to keep things fresh for the group.</p>	
<b>11. Winners of Event:</b> N/A Just a creative outlet for like minded individuals	
<b>12. Prizes or Awards:</b> N/A	
<b>13. Lessons Learned:</b>	
<p>This event will be great for long underways/deployment when prompts can be given a week ahead of time and writers given the chance to develop their writing over a week and then decide to share or not share with the group. It will also encourage ongoing participation.</p>	
<b>14. Any Additional Information? :</b>	
<p>The participants will be given a prompt the next day in a group email and asked to reply to the group email with their writing in a week since the underway schedule has been suspended for POM. This way, the program can continue without face to face meetings while allowing the group to continue to write. Pieces will be shared with the crew if the participants so wish via FUNBOSS' all hands email or the Funderway.</p>	



## RECREATION SKILLS AND KNOWLEDGE CLASSES

### CREATIVE WRITING CLASS

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#### Creative Writing Prompts

1. You're digging in the garden and find a fist-sized nugget of gold. There's more where that came from in this hilarious story of sudden wealth.
2. Write about something ugly — war, fear, hate, or cruelty—but find the beauty (silver lining) in it or something good that comes out of it.
3. An asteroid and a meteoroid collide near Earth, and fragments rain down onto the planet's surface, wreaking havoc. Some of those fragments contain surprising elements: fossils that prove life exists elsewhere in the galaxy, for example.
4. A kid comes out of the school bathroom with toilet paper dangling from his or her waistband.
5. Revisit your memories about your first day at school.
6. Use all of the following words in a piece of writing: bit, draw, flex, perilous, bubble, corner, rancid, pound, high, open.
7. Write a poem about a first romance.
8. He turned the key in the lock and opened the door. To his horror, he saw...
9. Tell bad drivers, rude customers, and evil dictators how grateful you are for what they've done. Do it with a wink and a smile.
10. Write a story about a detective solving a crime that was committed against his or her partner or a crime that his or her partner committed.
11. Three children are sitting on a log near a stream. One of them looks up at the sky and says...
12. There is a magic talisman that allows its keeper to read minds. It falls into the hands of a young politician...
13. We've seen cute and cuddly dragons, mean and vicious dragons, and noble dragons. Write a story about a different kind of dragon.
14. Use all of the following words in a piece of writing: dash, hard, staple, billboard, part, circle, flattened.
15. You walk into your house and it's completely different — furniture, decor, all changed. It doesn't look like the same house anymore. And nobody's home.
16. Turn ordinary animals into monsters that prey on humans: dog-sized rats, killer rabbits, or a pack of rabid mountain lions. Give the animals intelligence and set them loose.
17. A twinkling eye can mean many things. Write a poem about a twinkle in someone's eye.
18. What determines an action or person as good or evil? Who gets to decide what or who is good or evil?
19. Have you ever been just about to drift off to sleep only to be roused by a spontaneous memory of an embarrassing moment from your past?
20. Use all of the following words in a piece of writing: feast, fire, modify, squash, robbed, forgotten, under-stated.



## Story ideas - three elements

Choose a set of three elements and write a story that contains all three of them!

Extreme challenge: combine three of the elements with one of the other short story ideas on this page.

1. A stolen ring, fear of spiders, and a sinister stranger.
2. A taxi, an old enemy, and Valentine's Day.
3. Identical twins, a party invitation, and a locked closet.
4. A broken wristwatch, peppermints, and shoe that falls apart as you're walking.
5. Aerobics, a secret diary, and something unpleasant under the bed.
6. An ex-boyfriend, a pair of binoculars, and a good-luck charm.
7. An annoying boss, a bikini, and a fake illness.
8. The first day of school, a love note, and a recipe with a significant mistake.
9. A horoscope, makeup, and a missing tooth.
10. A campfire, a scream, and a small lie that gets bigger and bigger.